

Examples of Mental Health Decision Aids

Shared decision making is an interactive and collaborative process between individuals and their health care providers that is used to make health care decisions pertinent to an individual's personal recovery. This approach is consistent with the values of choice, self-determination, and empowerment and provides a means of enhancing consumer involvement in mental health care which has recognized benefits for positive treatment outcomes.

SAMHSA has undertaken a three-year project to develop information and decision support tools for use in mental health care: Shared Decision Making (SDM): Making Recovery Real in Mental Health Care (http://download.ncadi.samhsa.gov/ken/msword/SDM_fact_sheet_7-23-2008.doc). The goal of the project is to enhance recovery by providing tools, technologies, and structured processes to help people become more active and directive in their mental health care and personal recovery decisions.

In preparation for the development of the decision support tools, the SAMHSA project contractor, Advocates for Human Potential, Inc. with their subcontractor, Westat, in March 2008 completed the Analysis and Report of Shared Decision Making Technologies for Application in Mental Health. Existing decision aids---tools that help facilitate the process of communication and informed decision making---were identified from multiple sources. Some may be available through the Ottawa Health Research Institute (<http://decisionaid.ohri.ca/>).

The following table, adapted from the project report, displays examples of mental health decision aids. These decision aids may help consumers and practitioners to collaborate on important decisions related to mental health services and supports. As shared decision making tools become more prevalent in health care, the following decision aids may also be useful as a starting place to develop new, more interactive tools for consumers and providers. This list is provided as a resource.*

DA TITLE	HEALTH CONDITION	TYPE OF DA	AUDIENCE	OPTIONS INCLUDE	INTERACTION and SOURCE	DEVELOPER	FORMAT
Decision Aid for Antipsychotic Medications	Psychosis	Treatment choices	People wanting help to decide whether to take an antipsychotic medication as part of their recovery activities.	(1) Don't take antipsychotic medication (2) Take antipsychotic medication	Printout form and complete. Not interactive. No guidance for practitioners regarding how to use. http://www.calmend.org/NSindex.html	California Health Care Management Program (CalMEND)	Printable material on website.
Personal Decision Guide (two page format)	General decision aid that can help people make a health-related and/or other decision	General decision making	People wanting to help organize their choices and promote thinking/ behaviors that will lead to an informed decision.	Dependent on decision	Can complete the form online or can Printout form and complete. Not interactive. No guidance for practitioners regarding how to use. http://decisionaid.ohri.ca/docs/das/OPDg_2pg.pdf	Ottawa Group	Printable material on website.
Personal Decision Guide (one page format – abbreviated version of the above)	General decision aid that can help people make a health-related and/or other decision	General decision making	People wanting to help organize their choices and promote thinking/ behaviors that will lead to an informed decision.	Dependent on decision	Can complete the form online or can Printout form and complete. Not interactive. No guidance for practitioners regarding how to use. http://decisionaid.ohri.ca/docs/das/opdg.pdf	Ottawa Group	Printable material on website. Can fill out form on web and then Print.
Coping with symptoms of depression	Depression	Treatment choices	Adults with depressive symptoms, excludes bipolar disorder, SAD, and PMDD.	(1) Guided self-help (2) Prescription medication (3) St. John's Wort (4) Counseling (5) Combination medication and counseling.	Booklet contains script of video. Includes a "Patient Health Questionnaire" asking person to indicate presence of 9 different signs of depression, frequency, and level of distress. Interpretive questionnaire scorecard for provider. Call Health Dialogue at 800-276-0993.	Health Dialogue (proprietary)	Video and guide book for clients to self-assess depression

DA TITLE	HEALTH CONDITION	TYPE OF DA	AUDIENCE	OPTIONS INCLUDE	INTERACTION and SOURCE	DEVELOPER	FORMAT
Antidepressant Medicines - A Guide for Adults With Depression	Depression	Treatment choices	Adults with depression considering common medicines. Not intended for youth, post-partum depression, bipolar disorder, older medications, non-medication options	Options are subsumed as listing of specific medications for depression (i.e. Celexa, Paxil, Prozac, Zoloft, Effexor, Remeron, Wellbutrin)	Booklet provides information about common medications for treating depression. Compares side-effects and dose/cost medications by name. Asks general questions about values re side effects and cost considerations. Directs person to talk with healthcare provider. No guidance for practitioners. Health Care: Consumers and Patients Index Page	Agency for Healthcare Research and Quality (AHRQ)	Printable material on website.
Should I take antidepressants while I'm pregnant?	Depression	Treatment choices	Women diagnosed with depression (or feeling depressed) who are or planning to be pregnant	(1) Take medicine for your depression (2) Try other treatment for your depression, specifically light therapy and counseling alone.	Recommends that people complete the worksheet regarding making decisions and discuss it with their practitioners. No guidance to practitioners regarding how to use. Preferred Care - Should I take antidepressants while I'm pregnant?	Preferred Care - through Healthwise	Printable material on website.
Should I take medications to treat depression?	Depression	Treatment choices	Adults with Depressive symptoms, excludes bipolar disorder.	(1) Take prescription medication only (2) Counseling only (3) Combination medication and counseling. (Note -- No Watchful Waiting)	Recommends that people complete the worksheet regarding making decisions and discuss it with their practitioners. No guidance to practitioners regarding how to use. Preferred Care - Should I take medications to treat depression?	Preferred Care - through Healthwise	Printable material on website.
Should I take medications to treat panic disorder?	Panic Attacks or Panic Disorder, with other possible anxiety and depressive symptoms or diagnosis	Treatment choices	Adults experiencing Panic attacks. Does not specify adults only.	(1) Don't take medicine, but work on managing the symptoms of panic with counseling or lifestyle change (2) Take medicine to treat panic disorder (may or may not use other adjuncts to medicine)	Recommends that people complete the worksheet regarding making decisions and discuss it with their practitioners. No guidance to practitioners regarding how to use. Preferred Care - Should I take medications to treat panic disorder?	Preferred Care - through Healthwise	Printable material on website.
Should I take medicine to treat obsessive-compulsive disorder (OCD)?	Obsessive-Compulsive Disorder (OCD)	Treatment choices	Adults experiencing OCD symptoms. Does not specify adults only	(1) Take medicines and seek professional counseling to help reduce/control OCD (2) Do not take medicines. Instead, seek professional counseling	Recommends that people complete the worksheet regarding making decisions and discuss it with their practitioners. No guidance to practitioners regarding how to use. Preferred Care - Should I take medicines to treat obsessive-compulsive disorder (OCD)?	Preferred Care - through Healthwise	Printable material on website.
Should my child take medications to treat depression?	Depression in children and teens	Treatment choices	Parents of children/teens who are in treatment for depressive symptoms.	(1) Continuing with counseling alone (2) Adding medication to the counseling component.	Recommends that people complete the worksheet regarding making decisions and discuss it with their practitioners. No guidance to practitioners regarding how to use. Preferred Care - Should my child take medications to treat depression? : Introduction	Preferred Care - through Healthwise	Printable material on website.
Should my child take stimulant medication for ADHD?	Childhood Attention Deficit Hyperactivity Disorder (ADHD)	Treatment choices	Parents of children with ADHD considering their treatment options	(1) Have child take medication only, (2) Have child take medication along with other counseling (includes training, support), and (3) Engage in counseling but no medications.	Recommends that people complete the worksheet regarding making decisions and discuss it with their practitioners. No guidance to practitioners regarding how to use. Preferred Care - Should my child take stimulant medications for ADHD? : Introduction	Preferred Care - through Healthwise	Printable material on website.

Examples of Other Mental Health Related Decision Aids

Recognizing that treatment is not the only important decision facing mental health consumers, other mental health related decisions aids were also identified in the report. Keeping in mind the principles of shared decision making, the following tools may prove useful to consumers who have choices to make regarding employment, benefits, and health care coverage. Similarly, listed below is a tool intended to help practitioners and others recognize depression and understand treatment options. And, the final tool relates to smoking cessation. While a few of the below decision aids are state-specific, they still may provide some beneficial information to others outside of the state. This table is also adapted from the project report. Again, this list is provided as a resource.*

DA TITLE	HEALTH CONDITION	TYPE OF DA	AUDIENCE	DESCRIPTION	INTERACTION and SOURCE	DEVELOPER	FORMAT
Benefits to Work Calculator	Disability	Benefits calculator	Individuals in California receiving SSI who may be seeking work	Provides calculation of individual employment and benefit income	Individual provides information on internet based questionnaire. Calculations made by program Benefits to Work Calculator	DisabilityBenefits 101.com/World Institute on Disability	Web based questionnaire
Job to Job Calculator	None	Benefits calculator	Individuals in California changing jobs	Provides information about sources of income (in California) for persons between jobs	Individual provides information on internet based questionnaire. Calculations made by program Job to Job calculator	DisabilityBenefits 101.com/World Institute on Disability	Web based questionnaire
Medi-Cal for the Working Disabled Calculator	Disability	Health Care Coverage Calculator	California workers with a disability	Calculates eligibility for Medi-Cal benefits based on information provide by individual	Individual provides information on internet based questionnaire. Calculations made by program Medi-Cal Calculator	DisabilityBenefits 101.com/World Institute on Disability	Web based questionnaire
Plan for Achieving Self-Support (PASS) Calculator	Disability	Benefits Calculator	Californians with a disability, receiving SSI and work income	Provides estimate on how a PASS may affect individual finances and help them decide re PASS as an option	Individual provides information on internet based questionnaire. Calculations made by program PASS Calculator	DisabilityBenefits 101.com/World Institute on Disability	Web based questionnaire
Depression Management Toolkit	Depression	Treatment	Primary Care Practitioners/ Consumers	Part of MacArthur Foundation Initiative of Depression and Primary Care to help practitioners/individuals recognize depression and understand treatment options	None. Paper based. Geared for medical practitioner primary care offices Depression Management Toolkit	MacArthur Foundation	Downloadable, printable PDF
Quitnet.org	Smoking Cessation	Self-help	Smokers	Provides information, quitting guides, self-assessment tools. Offers support communities and local resource information. Requires membership (free).	Very. Self-assessment tools, quizzes, games, quitting guides. Opportunities to join "quitting communities" of peers http://www.quitnet.com/qAids/	http://www.quitnet.com	Web based, printable materials
WorkWorld.org	Disability	Benefits Calculator	Consumers, Advocates, Practitioners	Designed to help explore and understand how to best use the work incentives associated with Federal and State disability and poverty benefit programs.	Individual shipped CD via mail; free for Virginia residents, others may purchase. Individual enters information, calculations made by program.	http://www.workworld.org	CD-based, printable materials

* This list is not exhaustive, nor does the content necessarily reflect the views, opinions, or policies of SAMHSA. This list is not intended to endorse any view expressed, or products or services offered.